




# I declare it good.



Chaz  
 **cvillette**

<https://cvillette.livejournal.com/>  
2008-02-21 18:57:00

**MOOD:** 😊 busy

**MUSIC:** The Ng kids playing keep-away in the hall

Dinner tonight was another speedy experiment. I don't have a fuzzy-logic rice cooker smarter than me, but I do have a Black & Decker steamer, which I use to make Chinese buns, and sometimes rice. And it's perfect for rewarming rice.

So tonight I was in a hurry, and what I did was put two cups of uncooked brown rice and twice as much water in the steamer basket, along with a package of tofu, crumbled up, and a handful of minced sundried tomatoes. I threw in a handful of wild rice and another handful of roasted pistachios, because when you're eating vegetarian it's a good idea to vary your protein sources as much as possible. I added a bunch of leaves from the oregano plant on my kitchen table (complete with nifty new siphon-based drip irrigation system!) and some garlic powder, and I went away to do other things for an hour, until the bell chimed. When I came back, I put the pilaf in a bowl with butter and grated cheese and a dash of hot sauce, and now I am eating it before I run back out the door to go climb.

Nom nom nom.

See you in the morning.

**TAGS:** [improvisation](#), [recipes](#)



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## Three things!

1) Okay, O., She Wants Revenge = yes. It's like the Eighties rose up from the grave and came looking


## Experimental Whole Wheat Green Chile Robot Bread #1

Yes, baking with your hands is more fun. And the results have a better texture, and taste better.

## [locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning




 [inaurolillium](#)

[February 22 2008, 00:09:23 UTC](#)    [COLLAPSE](#)

Well, you make excellent use of the appliances you do have. Sounds tasty!



 [cvillette](#)

[February 22 2008, 02:29:17 UTC](#)    [COLLAPSE](#)

The rice cooker. It is a good friend.



 [cjtremlett](#)

[February 22 2008, 00:14:00 UTC](#)    [COLLAPSE](#)

What kind of cheese?

Sounds nummy!



 [cvillette](#)

[February 22 2008, 02:30:23 UTC](#)    [COLLAPSE](#)

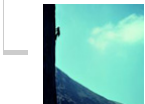
Romano. I'm a thrill a minute. \*g\*



 [tesla\\_aldrich](#)

[February 22 2008, 01:07:00 UTC](#)    [COLLAPSE](#)

Would you, by any chance, have a favorite recipe for dirty rice? The chicken hearts and livers looked so good at the market today that I impulse-bought a pint, but I haven't a recipe to my name.




 [cvillette](#)

[February 22 2008, 02:37:08 UTC](#)    Edited: [February 22 2008, 04:44:28 UTC](#)    [COLLAPSE](#)

Would you believe I really like the stuff from Bojangles's? Downmarket, I know, but SO GOOD.

I know my mom's recipe, though I never make it--but I'll try to post it this weekend. I have to make a batch first, to make sure I remember the spices properly. It's been a long time.

 [rickybuchanan](#)

[February 22 2008, 07:28:31 UTC](#)    [COLLAPSE](#)

Siphon based drip irrigation of indoor plants!? Please tell more ... I am forever having trouble with idiot carers DROWNING my poor potplants because they don't grok that 1/2 a bucket of water is NOT required to water ze indoor plants.

Pilaf is yummy but the sweet potato stuff you had in your previous recipe looks nicer. I have saved that one for posterity future use. I love sweet potatoes.



 cvillette

February 22 2008, 15:02:01 UTC    COLLAPSE

<http://www.sykart.com/keenie/worm/>

 uffer

February 22 2008, 20:16:53 UTC    COLLAPSE

That reminds me - have you considered windowbox type things for stuff like tomatoes? You can get compact bush-type ones or 'tumbling' varieties (that work well as ornamentals in hanging baskets of all things!) and they crop and crop and crop. I've not tried growing chillis yet, it's on the List for this year, but they're supposed to be fairly compact too, and would probably help stretch the food budget. Admittedly, to make a dent in your requirements you'd probably need an industrial setup, but growing things are nice anyway, and there's the deep satisfaction of eating your own work...

I shall refrain from making any suggestions about the roof and potatoes, as that would probably be Silly.



 cvillette

February 22 2008, 20:22:16 UTC    COLLAPSE

I'm planning on hanging tomato and chili buckets on the fire escape in Spring, now that I have the watering thing licked. You cut a hole through the bottom of the bucket and plant the vegetable plant upside down, and hang it up.

Then you can have herbs or whatever in the top.

 uffer

February 22 2008, 21:10:09 UTC    COLLAPSE

I always feel sort of sorry for the upside-down plant in those arrangements, but it is a great space-conserving thing. Will be interested to hear how it works out.

*Deleted comment*



 cvillette

February 22 2008, 15:07:41 UTC    COLLAPSE

Vegetables are not bland! Not unless they're awful winter supermarket vegetables (I had no idea how good produce could be until I moved out of Las Vegas. Wow.) or they're cooked poorly.

It's because most vegetables do not provide what they call "complete" proteins, which is to say, most of them are missing amino acids necessary for human bodies to function properly. So you mix them up, so you're getting a variety of incomplete proteins which make a patchwork complete protein.

This is why a lot of regional cuisines will have a staple dish that combines two vegetable protein sources to make a complete protein. Such as red beans and rice. Or dal served over rice. Or corn tortillas stuffed with beans.

*Deleted comment*

 [cvillette](#)

[February 22 2008, 16:53:58 UTC](#)   [COLLAPSE](#)

Oh, yeah, nobody wants to do that.

Well, some people do. But I suspect it's an evolutionary flaw, as a diverse palate encourages you to eat a wide range of things, and therefor shore up any nutritional deficiencies caused by a narrow diet.

 [jennythe\\_reader](#)

[February 23 2008, 03:55:25 UTC](#)   [COLLAPSE](#)

Have you ever seen [Fast Vegetarian Feasts by Martha Rose Shulman?](#)

My mom owned a copy when I was growing up, and it has so many fabulous recipes. The author also includes stories about most of the recipes, and it's as much fun to just sit and read as it is to cook from.

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